

# ARIZONA DEPARTMENT OF CORRECTIONS

## ADULT MALE GENERAL POPULATION: LEVEL 1 & 2

### WEEKLY CYCLE MENUS

ADC Contract No. 120094DC

December 3, 2018

Menu Week 1

	Day 1		Meal #	Day 2		Meal #	Day 3		Meal #	Day 4		Meal #	Day 5		Meal #	Day 6		Meal #	Day 7		Meal #		
	MONDAY		1	TUESDAY		4	WEDNESDAY		7	THURSDAY		10	FRIDAY		13	SATURDAY		16	SUNDAY		18		
B	Hot Cereal	1	Cup	Hot Cereal	1	Cup	Hot Cereal	1	Cup	Hot Cereal	1	Cup	Hot Cereal	1	Cup	Fruit	1	SVG	Fruit	1	SVG		
R	Pancakes, 4"	3	Each	Refried Beans	3/4	Cup	Pancakes, 4"	3	Each	Scrambled Egg	3	WZ	French Toast Bake	1/40	Slice	Beverage	1	Cup	Beverage	1	Cup		
E	Syrup	2	FZ				Syrup	2	FZ	Grilled Potatoes	1/2	Cup	Syrup	2	FZ	T Ham & Potato Hash			Pancakes	4	Each		
A	Sausage Patty®	2	WZ	Potatoes & Chorizo	1/2	Cup	Sausage Patty®	2	WZ	Wheat Bread	2	Slice	Grilled Potatoes	1/2	Cup	Casserole	1 1/4	cup	Syrup	2	FZ		
K				Flour Tortillas	2	Each				Jelly	1	Tbsp							Scrambled Egg	4	WZ		
F	Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp	Wheat Bread	2	Slice					
A	Sugar Sub	2	Each	Sugar Sub	2	Each	Sugar Sub	2	Each	Sugar Sub	2	Each	Sugar Sub	2	Each	Peanut Butter & Jelly Mix	3	WZ	Fried T Bologna	2	WZ		
S	Coffee	2	Cup	Coffee	2	Cup	Coffee	2	Cup	Coffee	2	Cup	Coffee	2	Cup	(2 oz PB/ 1 oz jelly)			Margarine	2	tsp		
T	Beverage	1	Cup	Low Fat Milk	1	Cup	Beverage	1	Cup	Low Fat Milk	1	Cup	Low Fat Milk	1	Cup	Coffee	2	Cup	Coffee	2	Cup		
	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Sugar Sub	2	Each	Sugar Sub	2	Each		
	Meal # 2			Meal # 5			Meal # 8			Meal # 11			Meal # 14			Low Fat Milk		1	Cup	Low Fat Milk		1	Cup
	T Bologna	2	WZ	T Ham	2	WZ	T Salami	2	WZ	T Bologna	2	WZ	T Ham	2	WZ	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each		
	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Weekend Modified Meal		Weekend Modified Meal					
	Mustard	1	Pkt	Salad Dressing	1	Pkt	Mustard	1	Pkt	Mustard	1	Pkt	Salad Dressing	1	Pkt	Hours will be from:		Hours will be from:					
L																							
U	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM					
N																							
C																							
H	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each								
	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each								
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC								
	Meal # 3			Meal # 6			Meal # 9			Meal # 12			Meal # 15			Meal # 17			Meal # 19				
	Chili con Carne	3/4	Cup	Pasta with	3/4	Cup	Stroganoff Potato Casserole	1 1/4	Cup	Baked Chicken	3	WZ	Yakisoba Casserole	1 1/2	Cup	Jambalaya	1 1/2	Cup	Salisbury Patty®	4	WZ		
	Steamed Rice	1/2	Cup	Meat Sauce	1/2	Cup				Country Gravy	3	FZ							Brown Gravy	3	FZ		
	Shredded Cheese	1/2	WZ							Mashed Potatoes	3/4	Cup							Mashed Potatoes	1	Cup		
D										Bread Dressing	1	Cup											
I	Broccoli	1/2	Cup	Green Beans	1/2	Cup	Mixed Vegetables	1/2	Cup	Steamed Cabbage	1/2	Cup	Broccoli	1/2	Cup	Carrots	1/2	Cup	Green Beans	1/2	Cup		
N				Tossed Salad	3/4	Cup	Tossed Salad	3/4	Cup							Pinto Beans	1	Cup					
N				with Dressing	1	FZ	with Dressing	1	FZ														
E	Cornbread	1	Slice	Garlic Bread	2	Slice	Wheat Dinner Roll	1	Each	Wheat Dinner Roll	1	Each	Wheat Dinner Roll	1	Each	Biscuit	1	Each	Wheat Bread	2	Slice		
R	Margarine	2	tsp				Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp		
	Glazed Cake	1	Slice	Glazed Cake	1	Slice	Pudding	1/2	Cup	Cookies	2	Each	Glazed Cake	1	Slice	Pudding	1/2	Cup	Glazed Cake	1	Slice		
	Beverage	2	Cup	Beverage	2	Cup	Beverage	2	Cup	Beverage	2	Cup	Beverage	2	Cup	Beverage	2	Cup	Beverage	2	Cup		
	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each		

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:

Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 1 & 2**  
**WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

**December 3, 2018**

Menu Week 2

[illegible]

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup





**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 1 & 2**  
**WEEKLY CYCLE MENUS**

Menu Week 5

ADC Contract No. 120094DC

December 3, 2018

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #	
	MONDAY	77	TUESDAY	80	WEDNESDAY	83	THURSDAY	86	FRIDAY	89	SATURDAY	92	SUNDAY	94	
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG	
R	French Toast Bake	1/40 Slice	Refried Beans	3/4 Cup	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Pancakes, 4"	3 Each	Beverage	1 Cup	Beverage	1 Cup	
E	Syrup	2 FZ			Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup	
A	Grilled Potatoes	1/2 Cup	Potatoes w/ Chorizo	1/2 Cup	Sausage Patty®	2 WZ	Biscuits	2 Each	Sausage Patty®	2 WZ	T Ham & Potato Hash	1 1/4 cup	Pancakes, 4"	4 Each	
K			Corn Tortillas	3 Each			Jelly	1 Tbsp			Casserole		Syrup	2 FZ	
F	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Wheat Bread	2 Slice	Scrambled Egg	4 WZ	
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ	T Ham	2 WZ	
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Margarine	2 tsp	
T	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Coffee	2 Cup	Coffee	2 Cup	
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	
		Meal # 78		Meal # 81		Meal # 84		Meal # 87		Meal # 90		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Weekend Modified Meal		Weekend Modified Meal		
	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Hours will be from:		Hours will be from:		
L															
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM		
N															
C															
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each					
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each					
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC					
		Meal # 79		Meal # 82		Meal # 85		Meal # 88		Meal # 91		Meal # 93		Meal # 95	
	Chicken or Turkey Salad	1/2 Cup	Meat Loaf	4 WZ	T-Hot Dogs	2 Each	T Sausage & Cheese Pizza	2 Slice	Green Chile Stew	3/4 Cup	Burger Patty®	4 WZ	Pasta	3/4 Cup	
			Brown Gravy	3 FZ	Ranch Beans	3/4 Cup	(1/14)		over Steamed Rice	3/4 Cup	Sliced Cheese	1/2 WZ	with Meat Sauce	3/4 Cup	
D	Pinto Beans	1 Cup	Mashed Potatoes	1 Cup	Wheat Bun	2 Each					Potato Salad	3/4 Cup			
I			Broccoli	1/2 Cup	Diced Onions	1 tbsp					Ranch Beans	1 Cup			
N	Carrots	1/2 Cup			Macaroni Salad	3/4 Cup	Mixed Vegetables	1/2 Cup	Refried Beans	1/2 Cup	Onion Slices	1/2 WZ	Carrots	1/2 Cup	
N							Pasta Salad	3/4 Cup	Coleslaw	1/2 Cup	Pickle Chips	2 Each	Tossed Salad	3/4 Cup	
E	Wheat Bun	1 Each	Wheat Bread	2 Slice	Mustard	1 tbsp					Mustard	1 Tbsp	with Dressing	1 FZ	
R			Margarine	2 tsp	Ketchup	1 tbsp			Flour Tortillas	2 Each	Wheat Bun	1 Each	Garlic Bread	2 Slice	
	Glazed Cake	1 Slice	Pudding	1/2 Cup	Cookies	2 Each	Pudding	1/2 Cup	Margarine	2 tsp	Ketchup	1 Tbsp			
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Glazed Cake	1 Slice	Pudding	1/2 Cup	Glazed Cake	1 Slice	
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	
					Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	

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Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup



# ARIZONA DEPARTMENT OF CORRECTIONS

## ADULT MALE GENERAL POPULATION: LEVEL 3 & 4

### WEEKLY TEMPORARY CYCLE MENUS

ADC Contract No. 120094DC

December 3, 2018

Menu Week 1

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	1	TUESDAY	4	WEDNESDAY	7	THURSDAY	10	FRIDAY	13	SATURDAY	16	SUNDAY	18
<b>B</b>	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
<b>R</b>	Pancakes, 4"	3 Each	Refried Beans	3/4 Cup	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	French Toast Bake	1/40 Slice	Beverage	1 Cup	Beverage	1 Cup
<b>E</b>	Syrup	2 FZ			Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
<b>A</b>	Sausage Patty®	2 WZ	Potatoes & Chorizo	1/2 Cup	Sausage Patty®	2 WZ	Wheat Bread	2 Slice	Grilled Potatoes	1/2 Cup	T Ham & Potato Hash		Pancakes	4 Each
<b>K</b>			Flour Tortillas	2 Each			Jelly	1 Tbsp			Casserole	1 1/4 cup	Syrup	2 FZ
<b>F</b>	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Wheat Bread	2 Slice	Scrambled Egg	4 WZ
<b>A</b>	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ	Fried T Bologna	2 WZ
<b>S</b>	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Margarine	2 tsp
<b>T</b>	Beverage	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each
	<b>Meal # 2</b>		<b>Meal # 5</b>		<b>Meal # 8</b>		<b>Meal # 11</b>		<b>Meal # 14</b>		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Chili con Carne	3/4 Cup	Pasta with	3/4 Cup	Stroganoff Potato Casserole	1 1/4 Cup	Baked Chicken	3 WZ	Yakisoba Casserole	1 1/2 Cup	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Steamed Rice	1/2 Cup	Meat Sauce	1/2 Cup			Country Gravy	3 FZ			<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
	Shredded Cheese	1/2 WZ					Mashed Potatoes	3/4 Cup			<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>L</b>							Bread Dressing	1 Cup			<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>U</b>	Broccoli	1/2 Cup	Green Beans	1/2 Cup	Mixed Vegetables	1/2 Cup	Steamed Cabbage	1/2 Cup	Broccoli	1/2 Cup				
<b>N</b>			Tossed Salad	3/4 Cup	Tossed Salad	3/4 Cup								
<b>C</b>			with Dressing	1 FZ	with Dressing	1 FZ								
<b>H</b>	Cornbread	1 Slice	Garlic Bread	2 Slice	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each				
	Margarine	2 tsp			Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp				
	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Pudding	1/2 Cup	Cookies	2 Each	Glazed Cake	1 Slice				
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup				
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each				
	<b>Meal # 3</b>		<b>Meal # 6</b>		<b>Meal # 9</b>		<b>Meal # 12</b>		<b>Meal # 15</b>		<b>Meal # 17</b>		<b>Meal # 19</b>	
	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	Jambalaya	1 1/2 Cup	Salisbury Patty®	4 WZ
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ			Brown Gravy	3 FZ
	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt			Mashed Potatoes	1 Cup
<b>D</b>														
<b>I</b>	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Carrots	1/2 Cup	Green Beans	1/2 Cup
<b>N</b>											Pinto Beans	1 Cup		
<b>E</b>	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Biscuit	1 Each	Wheat Bread	2 Slice
<b>R</b>											Margarine	2 tsp	Margarine	2 tsp
											Pudding	1/2 Cup	Glazed Cake	1 Slice
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Beverage	2 Cup	Beverage	2 Cup
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

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Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

# ARIZONA DEPARTMENT OF CORRECTIONS

## ADULT MALE GENERAL POPULATION: LEVEL 3 & 4

### WEEKLY TEMPORARY CYCLE MENUS

ADC Contract No. 120094DC  
December 3, 2018

Menu Week 2

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	20	TUESDAY	23	WEDNESDAY	26	THURSDAY	29	FRIDAY	32	SATURDAY	35	SUNDAY	37
<b>B</b>	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
<b>R</b>	Refried Beans	3/4 Cup	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Sausage Gravy	3/4 Cup	Pancakes, 4"	3 Each	Beverage	1 Cup	Beverage	1 Cup
<b>E</b>			Syrup	2 FZ	Grilled Potatoes	1/2 Cup			Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
<b>A</b>	Potatoes w/ Chorizo	1/2 Cup	Fried T Bologna	2 WZ	Wheat Bread	2 Slice	Grilled Potatoes	3/4 Cup			Scrambled Egg	4 WZ	T Ham	2 WZ
<b>K</b>	Corn Tortillas	3 Each			Jelly	1 Tbsp	Biscuits	2 Each	Sausage Patty®	2 WZ	T Ham	2 WZ	Refried Beans	1/2 Cup
<b>F</b>	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp			Margarine	2 tsp	Grilled Potatoes	1/2 Cup	Potatoes w/ Chorizo	1 Cup
<b>A</b>	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Wheat Bread	2 Slice	Salsa	2 FZ
<b>S</b>	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Peanut Butter & Jelly Mix (2 oz PB/ 1 oz jelly)	3 WZ	Shredded Cheese	1 WZ
<b>T</b>	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each
	<b>Meal # 21</b>		<b>Meal # 24</b>		<b>Meal # 27</b>		<b>Meal # 30</b>		<b>Meal # 33</b>		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Stir Fry with Meat & Veg	1 Cup	Pasta with	3/4 Cup	Burrito Mix (meat & bean)	1 Cup	Meat & Cheese Pizza	2 Slice	Sloppy Joe Mix	1/2 Cup	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
			Meat Sauce	1/2 Cup	Flour Tortillas	2 Each	(1/14)		on Wheat Bun	1 Each	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
<b>L</b>	Steamed Rice	3/4 Cup			Spanish Rice	1/2 Cup			Pasta Salad	1 Cup	<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>U</b>	Green Beans	1/2 Cup	Mixed Vegetables	1/2 Cup	Carrots	1/2 Cup	Soup of Day	1 Cup			<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>N</b>			Tossed Salad	3/4 Cup					Coleslaw	1/2 Cup				
<b>C</b>			with Dressing	1 FZ	Salsa	2 FZ	Macaroni Salad	3/4 Cup						
<b>H</b>	Biscuit	1 Each	Garlic Bread	2 Slice										
	Margarine	2 tsp							Glazed Cake	1 Slice				
	Pudding	1/2 Cup	Glazed Cake	1 Slice	Pudding	1/2 Cup	Pudding	1/2 Cup	Beverage	2 Cup				
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup				
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each				
	<b>Meal # 22</b>		<b>Meal # 25</b>		<b>Meal # 28</b>		<b>Meal # 31</b>		<b>Meal # 34</b>		<b>Meal # 36</b>		<b>Meal # 38</b>	
	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	Chili Macaroni Casserole	1 1/2 Cup	Burger Patty ®	4 WZ
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ			Sliced Cheese	1/2 WZ
<b>D</b>	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt			Scalloped Potatoes	3/4 Cup
<b>I</b>	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice			Pickle Chips	2 Each
<b>N</b>											Mixed Vegetables	1/2 Cup	Pinto Beans	1 Cup
<b>N</b>											Ranch Beans	1 Cup	Ketchup	1 FZ
<b>E</b>	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Cornbread	1 Slice	Mustard	1 Tbsp
<b>R</b>											Margarine	2 tsp	Wheat Bun	1 Each
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookies	2 Each	Glazed Cake	1 Slice
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	2 Cup	Beverage	2 Cup
											Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup



**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 3 & 4**  
**WEEKLY TEMPORARY CYCLE MENUS**

**ADC Contract No. 120094DC**  
**December 3, 2018**

**Menu Week 3**

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	39	TUESDAY	42	WEDNESDAY	45	THURSDAY	48	FRIDAY	51	SATURDAY	54	SUNDAY	56
<b>B</b>	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
<b>R</b>	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Pancakes, 4"	3 Each	French Toast Bake	1/40 Slice	Refried Beans	3/4 Cup	Beverage	1 Cup	Beverage	1 Cup
<b>E</b>	Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Syrup	2 FZ			Cold Cereal	1 Cup	Cold Cereal	1 Cup
<b>A</b>	Sausage Patty®	2 WZ	Biscuits	2 Each	Sausage Patty®	2 WZ	Grilled Potatoes	1/2 Cup	Potatoes w/ Chorizo	1/2 Cup	Ground Meat & Potato Hash		Scrambled Egg	4 WZ
<b>K</b>			Jelly	1 Tbsp					Corn Tortillas	3 Each	Casserole	1 1/4 cup	Sausage Gravy	1 Cup
<b>F</b>	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Wheat Bread	2 Slice	Grilled Potatoes	1 Cup
<b>A</b>	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ	Biscuits	2 Each
<b>S</b>	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Margarine	2 tsp
<b>T</b>	Beverage	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each
	<b>Meal # 40</b>		<b>Meal # 43</b>		<b>Meal # 46</b>		<b>Meal # 49</b>		<b>Meal # 52</b>		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Pozole	1 1/2 Cup	T Sausage & Cheese Pizza	2 Slice	Roast Beef	3 WZ	Salisbury Patty®	4 WZ	Tamale Pie	1 Cup	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Pinto Beans	1 Cup	(1/14)		Brown Gravy	3 FZ	Brown Gravy	3 FZ	over Cornbread	1 Slice	<b>Weekend Modified Meal</b>		<b>Weekend Modified Meal</b>	
	Corn	1/2 Cup			Mashed Potatoes	3/4 Cup	Herbed Noodles	3/4 Cup			<b>Hours will be from:</b>		<b>Hours will be from:</b>	
<b>L</b>											<b>7:00 AM to 9:00 AM</b>		<b>7:00 AM to 9:00 AM</b>	
<b>U</b>	Shredded Cabbage	1/2 Cup	Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup	Steamed Cabbage	1/2 Cup	Spanish Rice	1/2 Cup				
<b>N</b>			Pasta Salad	3/4 Cup					Pinto Beans	1 Cup				
<b>C</b>														
<b>H</b>	Flour Tortilla	2 Each			Wheat Bread	2 Slice	Wheat Bread	2 Slice	Salsa	2 FZ				
					Margarine	2 tsp	Margarine	2 tsp						
	Cookies	2 Each	Pudding	1/2 Cup	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Cookies	2 Each				
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup				
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each				
	<b>Meal # 41</b>		<b>Meal # 44</b>		<b>Meal # 47</b>		<b>Meal # 50</b>		<b>Meal # 53</b>		<b>Meal # 55</b>		<b>Meal # 57</b>	
<b>D</b>	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	Baked Chicken	3 WZ	Poultry ala King	3/4 Cup
<b>I</b>	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Poultry Gravy	3 FZ	with Rice	1 Cup
<b>N</b>	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mashed Potatoes	3/4 Cup		
<b>N</b>	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Bread Dressing	1 Cup	Mixed Vegetables	1/2 Cup
<b>E</b>											Carrots	1/2 Cup	Coleslaw	3/4 Cup
<b>R</b>	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each
											Margarine	2 tsp	Margarine	2 tsp
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Glazed Cake	1 Slice	Glazed Cake	1 Slice
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	2 Cup	Beverage	2 Cup
											Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

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Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup



**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 3 & 4**  
**WEEKLY TEMPORARY CYCLE MENUS**

Menu Week 5

**ADC Contract No. 120094DC**

**December 3, 2018**

[illegible]

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Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

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**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 3 & 4**  
**WEEKLY TEMPORARY CYCLE MENUS**

ADC Contract No. 120094DC

**December 3, 2018**

Menu Week 6

[illegible]

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Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

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Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

# ARIZONA DEPARTMENT OF CORRECTIONS

## ADULT MALE POPULATION LEVEL 5

### WEEKLY CYCLE MENUS

ADC Contract No. 120094DC

December 3, 2018

Menu Week 1

	Day 1		Meal #	Day 2		Meal #	Day 3		Meal #	Day 4		Meal #	Day 5		Meal #	Day 6		Meal #	Day 7		Meal #
	MONDAY		1	TUESDAY		4	WEDNESDAY		7	THURSDAY		10	FRIDAY		13	SATURDAY		16	SUNDAY		18
<b>B R E A K F A S T</b>	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup	Cold Cereal	1	Cup	Cold Cereal	1	Cup
	Egg, boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, boiled	1	Each
	Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ
	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ
	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	6	Slice	Wheat Bread	6	Slice
	Salad Dressing Pkt	1	Each				Salad Dressing Pkt	1	Each				Salad Dressing Pkt	1	Each						
	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Low Fat Milk	1	Cup	Low Fat Milk	1	Cup
<b>L U N C H</b>	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each
	Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each
	Meal # 2			Meal # 5			Meal # 8			Meal # 11			Meal # 14								
	T Bologna	2	WZ	T Ham	2	WZ	T Salami	2	WZ	T Bologna	2	WZ	T Ham	2	WZ	T Ham	3	WZ	T Bologna	3	WZ
	Peanut Butter & Jelly Mi	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Sliced Cheese	1	WZ			
	Mustard	1	Pkt	Salad Dressing	1	Pkt	Mustard	1	Pkt	Mustard	1	Pkt	Salad Dressing	1	Pkt	Mustard	1	Pkt	Mustard	1	Pkt
	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Salad Dressing	1	Pkt	Salad Dressing	2	Pkt
<b>D I N N E R</b>	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each
	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC
	Meal # 3			Meal # 6			Meal # 9			Meal # 12			Meal # 15			Meal # 17			Meal # 19		
	Chili con Carne	3/4	Cup	Pasta with	3/4	Cup	Stroganoff Potato Casserole	1 1/4	Cup	Baked Chicken	3	WZ	Yakisoba Casserole	1 1/2	Cup	Jambalaya	1 1/2	Cup	Salisbury Patty @	4	WZ
	Steamed Rice	1/2	Cup	Meat Sauce	1/2	Cup				Country Gravy	3	FZ							Brown Gravy	3	FZ
	Shredded Cheese	1/2	WZ							Mashed Potatoes	3/4	Cup							Mashed Potatoes	1	Cup
<b>D I N N E R</b>	Broccoli	1/2	Cup	Green Beans	1/2	Cup	Mixed Vegetables	1/2	Cup	Steamed Cabbage	1/2	Cup	Broccoli	1/2	Cup	Carrots	1/2	Cup	Green Beans	1/2	Cup
				Tossed Salad	3/4	Cup	Tossed Salad	3/4	Cup				Pinto Beans	1	Cup						
				with Dressing	1	FZ	with Dressing	1	FZ												
	Cornbread	1	Slice	Garlic Bread	2	Slice	Wheat Dinner Roll	1	Each	Wheat Dinner Roll	1	Each	Wheat Dinner Roll	1	Each	Biscuit	1	Each	Wheat Bread	2	Slice
	Margarine	2	tsp				Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp
	Glazed Cake	1	Slice	Glazed Cake	1	Slice	Pudding	1/2	Cup	Cookies	2	Each	Glazed Cake	1	Slice	Pudding	1/2	Cup	Glazed Cake	1	Slice
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC
	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each

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**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE POPULATION LEVEL 5  
WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

Menu Week 2

	Day 1			Meal #			Day 2			Meal #			Day 3			Meal #			Day 4			Meal #			Day 5			Meal #			Day 6			Meal #			Day 7			Meal #		
	MONDAY			20			TUESDAY			23			WEDNESDAY			26			THURSDAY			29			FRIDAY			32			SATURDAY			35			SUNDAY			37		
BREAKFAST	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup			
	Peanut Butter & Jelly Mix	3	WZ	Egg, boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ			
				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ
	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ
	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	6	Slice	Wheat Bread	6	Slice	Wheat Bread	6	Slice	Wheat Bread	6	Slice
				Salad Dressing Pkt	1	Each				Salad Dressing Pkt	1	Each				Salad Dressing Pkt	1	Each				Salad Dressing Pkt	1	Each				Salad Dressing Pkt	1	Each				Salad Dressing Pkt	1	Each				Salad Dressing Pkt	1	Each
	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Beverage	1	PC
S	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each
				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each
	Meal # 21			Meal # 24			Meal # 27			Meal # 30			Meal # 33			Meal # 36			Meal # 39																							
LUNCH	T Salami	2	WZ	T Bologna	2	WZ	T Ham	2	WZ	T Salami	2	WZ	T Bologna	2	WZ	T Bologna	3	WZ	Sliced Turkey	3	WZ				Sliced Turkey	3	WZ				Sliced Turkey	3	WZ				Sliced Turkey	3	WZ			
	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ			
	Mustard	1	Pkt	Mustard	1	Pkt	Salad Dressing	1	Pkt	Mustard	1	Pkt	Salad Dressing	1	Pkt	Salad Dressing	1	Pkt																								
	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Salad Dressing	2	Pkt				Salad Dressing	1	Pkt				Salad Dressing	1	Pkt				Salad Dressing	1	Pkt			
	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each				Snack of the Day	1	Each				Snack of the Day	1	Each				Snack of the Day	1	Each			
	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each				Cookie	1	Each				Cookie	1	Each				Cookie	1	Each			
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC				Beverage	1	PC				Beverage	1	PC				Beverage	1	PC			
	Meal # 22			Meal # 25			Meal # 28			Meal # 31			Meal # 34			Meal # 37			Meal # 40																							
DINNER	Stir Fry with Meat & Veg	1	Cup	Pasta with Meat Sauce	3/4	Cup	Burrito Mix (meat & bean)	1	Cup	Meat & Cheese Pizza (1/14)	2	Slice	Sloppy Joe Mix on Wheat Bun	1/2	Cup	Chili Macaroni Casserole	1 1/2	Cup	Burger Patty®	4	WZ				Burger Patty®	4	WZ				Burger Patty®	4	WZ				Burger Patty®	4	WZ			
					1/2	Cup	Flour Tortillas	2	Each					1	Each			Sliced Cheese	1/2	WZ				Sliced Cheese	1/2	WZ				Sliced Cheese	1/2	WZ				Sliced Cheese	1/2	WZ				
							Spanish Rice	1/2	Cup				Pasta Salad	1	Cup			Scalloped Potatoes	3/4	Cup				Scalloped Potatoes	3/4	Cup				Scalloped Potatoes	3/4	Cup				Scalloped Potatoes	3/4	Cup				
	Steamed Rice	3/4	Cup															Pickle Chips	2	Each				Pickle Chips	2	Each				Pickle Chips	2	Each				Pickle Chips	2	Each				
	Green Beans	1/2	Cup	Mixed Vegetables	1/2	Cup	Carrots	1/2	Cup	Carrots	1/2	Cup				Mixed Vegetables	1/2	Cup	Pinto Beans	1	Cup				Pinto Beans	1	Cup				Pinto Beans	1	Cup				Pinto Beans	1	Cup			
				Tossed Salad with Dressing	3/4	Cup							Coleslaw	1/2	Cup	Ranch Beans	1	Cup																								
					1	FZ	Salsa	2	FZ	Macaroni Salad	3/4	Cup						Ketchup	1	FZ				Ketchup	1	FZ				Ketchup	1	FZ				Ketchup	1	FZ				
BREAKFAST	Biscuit	1	Each	Garlic Bread	2	Slice												Cornbread	1	Slice	Mustard	1	Tbsp				Cornbread	1	Slice	Mustard	1	Tbsp				Cornbread	1	Slice	Mustard	1	Tbsp	
	Margarine	2	tsp															Margarine	2	tsp	Wheat Bun	1	Each				Margarine	2	tsp	Wheat Bun	1	Each				Margarine	2	tsp	Wheat Bun	1	Each	
	Pudding	1/2	Cup	Glazed Cake	1	Slice	Pudding	1/2	Cup	Pudding	1/2	Cup	Glazed Cake	1	Slice	Cookies	2	Each	Glazed Cake	1	Slice				Glazed Cake	1	Slice				Glazed Cake	1	Slice				Glazed Cake	1	Slice			
	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC				Beverage	1	PC				Beverage	1	PC				Beverage	1	PC			
	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each			

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Beverage 1 PC = 1 cup

# **ARIZONA DEPARTMENT OF CORRECTIONS ADULT MALE POPULATION LEVEL 5 WEEKLY CYCLE MENUS**

Menu Week 3

ADC Contract No. 120094DC

December 3, 2018

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	39	TUESDAY	42	WEDNESDAY	45	THURSDAY	48	FRIDAY	51	SATURDAY	54	SUNDAY	56
B	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup
R	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each
E	Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ
A	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	6 Slice	Wheat Bread	6 Slice
F	Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each				
A	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each
	Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each
	Meal # 40		Meal # 43		Meal # 46		Meal # 49		Meal # 52					
	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Ham	3 WZ	T Bologna	3 WZ
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Sliced Cheese	1 WZ		
L	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt			Mustard	1 Pkt
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Salad Dressing	1 Pkt	Salad Dressing	2 Pkt
N														
C														
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC				
	Meal # 41		Meal # 44		Meal # 47		Meal # 50		Meal # 53		Meal # 55		Meal # 57	
D	Pozole	1 1/2 Cup	T Sausage & Cheese Pizza	2 Slice	Roast Beef	3 WZ	Salisbury Patty®	4 WZ	Tamale Pie	1 Cup	Baked Chicken	3 WZ	Poultry ala King	3/4 Cup
	Pinto Beans	1 Cup	(1/14)		Brown Gravy	3 FZ	Brown Gravy	3 FZ	over Cornbread	1 Slice	Poultry Gravy	3 FZ	with Rice	1 Cup
	Corn	1/2 Cup			Mashed Potatoes	3/4 Cup	Herbed Noodles	3/4 Cup			Mashed Potatoes	3/4 Cup		
I	Shredded Cabbage	1/2 Cup	Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup	Steamed Cabbage	1/2 Cup	Spanish Rice	1/2 Cup	Bread Dressing	1 Cup	Mixed Vegetables	1/2 Cup
N			Pasta Salad	3/4 Cup					Pinto Beans	1 Cup	Carrots	1/2 Cup	Coleslaw	3/4 Cup
N														
E	Flour Tortilla	2 Each			Wheat Bread	2 Slice	Wheat Bread	2 Slice			Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each
R					Margarine	2 tsp	Margarine	2 tsp	Salsa	2 FZ	Margarine	2 tsp	Margarine	2 tsp
	Cookies	2 Each	Pudding	1/2 Cup	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Cookies	2 Each	Glazed Cake	1 Slice	Glazed Cake	1 Slice
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE POPULATION LEVEL 5  
WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

Menu Week 4

	Day 1		Meal #	Day 2		Meal #	Day 3		Meal #	Day 4		Meal #	Day 5		Meal #	Day 6		Meal #	Day 7		Meal #
	MONDAY		58	TUESDAY		61	WEDNESDAY		64	THURSDAY		67	FRIDAY		70	SATURDAY		73	SUNDAY		75
BREAKFAST	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup	Cereal Bar	1	Each	Cold Cereal	1	Cup	Cold Cereal	1	Cup	Cold Cereal	1	Cup
	Peanut Butter & Jelly Mix	3	WZ	Egg, Boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, Boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ	Egg, Boiled	1	Each	Peanut Butter & Jelly Mix	3	WZ
				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ				Sliced Cheese	1	WZ			
	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice	T Ham	2	WZ	Coffee Cake	1	Slice
	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	2	Slice	Wheat Bread	6	Slice	Wheat Bread	6	Slice
				Salad Dressing Pkt	1	Each				Salad Dressing Pkt	1	Each									
	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Beverage	1	PC	Low Fat Milk	1	Cup	Low Fat Milk	1	Cup	Low Fat Milk	1	Cup
SNACK OF THE DAY	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each	Coffee Pkt	1	Each
				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each				Salt & Pepper Pkt	1	Each			
	Meal # 59			Meal # 62			Meal # 65			Meal # 68			Meal # 71								
LUNCH	T Bologna	2	WZ	T Ham	2	WZ	T Salami	2	WZ	T Bologna	2	WZ	T Ham	2	WZ	T Salami	3	WZ	T Ham	3	WZ
	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ	Peanut Butter & Jelly Mix	2	WZ			Sliced Cheese	1	WZ	
	Mustard	1	Pkt	Salad Dressing	1	Pkt	Mustard	1	Pkt	Mustard	1	Pkt	Salad Dressing	1	Pkt	Mustard	1	Pkt	Mustard	1	Pkt
	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Wheat Bread	4	Slice	Salad Dressing	2	Pkt	Salad Dressing	1	Pkt
	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each	Snack of the Day	1	Each
	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each	Cookie	1	Each
Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	
	Meal # 60			Meal # 63			Meal # 66			Meal # 69			Meal # 72			Meal # 74			Meal # 76		
DINNER	Stir Fry with Meat & Veg	1	Cup	Stroganoff Potato Casserole	1 1/2	Cup	Oven Fried Chicken	3	WZ	Meat Loaf	4	WZ	Sloppy Joe Mix	1/2	Cup	Burger Patty ®	4	WZ	Country Stew	1 1/2	Cup
							Chicken Gravy	3	FZ	Brown Gravy	3	FZ	on Wheat Bun	1	Each	Sliced Cheese	1/2	WZ	Steamed Rice	1	Cup
							Mashed Potatoes	3/4	Cup	Steamed Rice	3/4	Cup	Macaroni Salad	1	Cup	Scalloped Potatoes	3/4	Cup	Ranch Beans	1	Cup
	Steamed Rice	3/4	Cup	Mixed Vegetables	1/2	Cup	Green Beans	1/2	Cup	Broccoli	1/2	Cup	Coleslaw Vinaigrette	1/2	Cup	Pinto Beans	3/4	Cup	Mixed Vegetables	1/2	Cup
	Mixed Vegetables	1/2	cup	Tossed Salad with Dressing	3/4	Cup										Mustard	1	Tbsp			
	Biscuit	1	Each	Whet Dinner Roll	1	Each	Wheat Dinner Roll	1	Each	Wheat Bread	2	Slice				Wheat Bun	1	Each	Cornbread	1	Slice
	Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp	Margarine	2	tsp				Pickle Chips	2	Each	Margarine	2	tsp
Pudding	1/2	Cup	Pudding	1/2	Cup	Glazed Cake	1	Slice	Glazed Cake	1	Slice	Pudding	1/2	Cup	Glazed Cake	1	Slice	Pudding	1/2	Cup	
Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	Beverage	1	PC	
SALT & PEPPER PKT	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	Salt & Pepper Pkt	1	Each	

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup



# **ARIZONA DEPARTMENT OF CORRECTIONS** **ADULT MALE POPULATION LEVEL 5** **WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

Menu Week 5

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	77	TUESDAY	80	WEDNESDAY	83	THURSDAY	86	FRIDAY	89	SATURDAY	92	SUNDAY	94
<b>B R E A K F A S T</b>	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup
	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each
	Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ
	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ
	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	6 Slice	Wheat Bread	6 Slice
	Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each				
	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each
	Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each
	Meal # 78		Meal # 81		Meal # 84		Meal # 87		Meal # 90					
<b>L U N C H</b>	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	3 WZ	T Bologna	3 WZ
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Sliced Cheese	1 WZ		
	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt			Mustard	1 Pkt
	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Salad Dressing	1 Pkt	Salad Dressing	2 Pkt
	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC				
	Meal # 79		Meal # 82		Meal # 85		Meal # 88		Meal # 91		Meal # 93		Meal # 95	
<b>D I N E R</b>	Chicken or Turkey Salad	1/2 Cup	Meat Loaf	4 WZ	T-Hot Dogs	2 Each	T Sausage & Cheese Pizza	2 Slice (1/14)	Green Chile Stew	3/4 Cup	Burger Patty @	4 WZ	Pasta	3/4 Cup
	Pinto Beans	1 Cup	Brown Gravy	3 FZ	Ranch Beans	3/4 Cup			over Steamed Rice	3/4 Cup	Sliced Cheese	1/2 WZ	with Meat Sauce	3/4 Cup
			Mashed Potatoes	1 Cup	Wheat Bun	2 Each					Potato Salad	3/4 Cup		
					Diced Onions	1 tbsp					Ranch Beans	1 Cup		
			Broccoli	1/2 Cup			Mixed Vegetables	1/2 Cup	Refried Beans	1/2 Cup	Onion Slices	1/2 WZ	Carrots	1/2 Cup
	Carrots	1/2 Cup			Macaroni Salad	3/4 Cup	Pasta Salad	3/4 Cup	Coleslaw	1/2 Cup	Pickle Chips	2 Each	Tossed Salad	3/4 Cup
											Mustard	1 Tbsp	with Dressing	1 FZ
	Wheat Bun	1 Each	Wheat Bread	2 Slice	Mustard	1 tbsp			Flour Tortillas	2 Each	Wheat Bun	1 Each	Garlic Bread	2 Slice
			Margarine	2 tsp	Ketchup	1 tbsp			Margarine	2 tsp	Ketchup	1 Tbsp		
	Glazed Cake	1 Slice	Pudding	1/2 Cup	Cookies	2 Each	Pudding	1/2 Cup	Glazed Cake	1 Slice	Pudding	1/2 Cup	Glazed Cake	1 Slice
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

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Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

# **ARIZONA DEPARTMENT OF CORRECTIONS** **ADULT MALE POPULATION LEVEL 5** **WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

Menu Week 6

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	96	TUESDAY	99	WEDNESDAY	102	THURSDAY	105	FRIDAY	108	SATURDAY	111	SUNDAY	113
<b>B R E A K F A S T</b>	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup
	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ
			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ		
	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice
	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	6 Slice	Wheat Bread	6 Slice
			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each						
<b>L U N C H</b>	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each
			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each		
	Meal # 97		Meal # 100		Meal # 103		Meal # 106		Meal # 109					
<b>L U N C H</b>	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	Sliced Turkey	3 WZ	T Bologna	3 WZ
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ			Sliced Cheese	1 WZ
	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt				
											Mustard	1 Pkt	Mustard	1 Pkt
	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Salad Dressing	2 Pkt	Salad Dressing	1 Pkt
<b>H O T D R I N K</b>	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC				
	Meal # 98		Meal # 101		Meal # 104		Meal # 107		Meal # 110		Meal # 112		Meal # 114	
<b>D I N E R</b>	Taco Meat Mix	3 WZ	Poultry Fried Rice	1 1/4 Cup	Burrito Mix (Meat & Bean)	1 Cup	Baked Chicken	3 WZ	Salisbury Patty ®	4 WZ	Green Chili Stew	3/4 Cup	Chili Macaroni	1 1/2 Cup
	Shredded Cheese	1/2 WZ			Flour Tortillas	2 Each	with BBQ Sauce	1 FZ	Brown Gravy	3 FZ	over Rice	1 Cup		
	Corn Tortillas	2 Each			Spanish Rice	1/2 Cup	Ranch Beans	3/4 Cup	Mashed Potatoes	1 Cup				
	Spanish Rice	1/2 Cup					Pasta Salad	3/4 Cup						
	Refried Beans	1 Cup	Mixed Vegetables	1/2 Cup					Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup	Carrots	1/2 Cup
			Tossed Salad	3/4 Cup	Coleslaw	1/2 Cup					Ranch Beans	1 Cup	Pinto Beans	1 Cup
<b>R E S T A U R A N T</b>	Shredded Lettuce	1/4 Cup	with Dressing	1 FZ	Salsa	2 FZ								
			Wheat Dinner Roll	1 Each			Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice	Corn Tortillas	2 Each	Cornbread	1 Slice
	Salsa	2 FZ	Margarine	2 tsp			Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp
	Glazed Cake	1 Slice	Pudding	1/2 Cup	Glazed Cake	1 Slice	Pudding	1/2 Cup	Pudding	1/2 Cup	Glazed Cake	1 Slice	Cookies	2 Each
	Beverage	1 PC	Beverage	1 PC	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	1 PC	Beverage	1 PC
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

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Beverage 1 PC = 1 cup